

## REMARKABLE EXPERIMENTS AND STUDIES ON THE STOMACH.

### How To Eat Properly.

By Dr. Valentine.

Not long ago Horace Fletcher published a book called "The A. B. C. of Our Own Nutrition," in which he advocated "Do right the feeding of your body; Nature will do all the rest for you." After a dozen years of unintermitted experiments upon himself and upon dogs, cats and other animals, Mr. Fletcher concludes that the average human being eats three times as much as is good for him; that by eating only one-third as much and masticating it even more thoroughly than the Gladstone's famous thirty-two bites of each mouthful, a person is assured of unflinching health, strength, contentment and longevity. In a word, he who eats and digests the chief cause of all disease—indigestion. Mr. Fletcher conducted experiments at Yale and Cambridge Universities, and made tests under the auspices of the United States Army. As a result of his experiments he advocates that people should ignore false appetite and wait for a return of normal appetite, which is indicated by a desire for some particular simple food, accompanied by a watering of the mouth—all of which is good advice, but a great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have already ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in a word, they are in need of a return of normal appetite. They can rectify their earlier mistakes. The muscles in many such people, in every way, thin and thin-blooded, are in need of a return of normal appetite. To insure perfect health every tissue, bone, nerve, tendon or muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good rich red blood. We must go to Nature for the guide, which shall be simple but effective. There were certain roots known to the Indians of this country before the advent of the white man, and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach and blood. These are: Golden Seal root, Queen's root, Bloodroot, Mandrake root. Then there is Black Cherry bark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent, makes the most reliable and efficient stomach tonic and liver invigorator. Where there is indigestion, such as exhaustion, bad digestion, and the blood the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect.

Although some physicians were aware of the high medicinal value of the above mentioned plants, yet have used pure glycerine in combination, or as a solvent, and usually the doctor's prescription called for the ingredients in varying amounts, with alcohol.

Nearly forty years ago, Dr. Pierce found that chemically pure glycerine of proper strength, was best for extracting the medicinal properties from these roots and that it gave added value to a tonic compound in restoring tone and vigor to the entire system without the detrimental

for his night glass. "Holt, I see a dark spot on that ice cake," he said to the man who handed him the glass, and, leveling it, he brought it to bear on the center of the cake. Then, lowering it, with horror on his face, he added: "Great heavens! There are two children on that cake of ice." Holt seized the glass, put it to his eye for a moment, then dashed away, shouting, "Lower the cutter!"

"Here, you, Simcox," he cried when the boat was lowered, "take the tiller!"

Simcox took the tiller as ordered, and Holt, a fine looking, muscular man, seized the stroke oar. The crew pulled away, but they had all been overworked on a hard winter passage from Gibraltar, and the tide was running out. Holt had pulled a few minutes when Holt noticed that they were making very poor headway. He had been away from his children for more than a year and connected them in his mind with the two on the ice cake either frozen or to be frozen if not rescued.

"I'll give every man of you," he said, "a month's extra wages if we reach the little ones and get them dead or alive."

Every oarsman bent to his work, and by dint of almost superhuman effort managed to pull the boat against the tide, which fortunately was slowly carrying the cake down stream, but unfortunately they were not in its line and were obliged to pull diagonally. This is why they must stem the tide.

They had a hard tussle, but at last made the edge of the ice cake. Holt and Simcox both jumped from the boat and ran to the center, where the children were lying perfectly quiet, the older holding the younger in his arms. Both were asleep.

"They're dead!" said Simcox.

But Holt, taking them up, gave them a vigorous shake, and both opened their eyes. He told Simcox to alternately shake and rub them, while he took a flask of diluted liquor from his pocket that he had brought for the purpose and poured some of it down the boys' throats. Tommy revived quickly, but Willie, who had been asleep longer, was pretty far gone. Holt unbuttoned his own clothing and, holding the child near to his warm flesh, wrapped his clothes about him.

It was 2 o'clock in the morning when Holt drove up in a carriage with the two boys to their home. The house was lighted, for there was no sleep for the inmates. All the parents knew was that their boys' skates were missing, and it was surmised that they had gone skating. The only further explanation was that they had been drowned. The disconsolate pair were sitting awaiting a report from the police when they heard wheels, followed by a sharp pull at the doorknob. The husband sprang up and, closely followed by his wife, darted to the door and threw it open. There stood a stalwart man with Willie in his arms, while Tommy stood beside him.

CHARLOTTE SHERWOOD.

## HUGHES FOR GOVERNOR

### New York Republicans For His Nomination

### SUGGESTION IS POPULAR

He Might Save the Party from Serious Disaster—Vreeland Is Now the Favorite for the State Chairman.

Albany, N. Y., March 2.—Republican leaders and members of the legislature who have been despondent regarding the prospect of Republican success in the state campaign, welcome with enthusiasm the Washington suggestion that Charles E. Hughes be chosen as the Republican standard bearer next fall. On every side the opinion is expressed that Mr. Hughes would prove a winning candidate for governor and that he would save the party from the most serious of the dangers which threaten it.

The Republican party managers regard Mr. Hughes as better fitted to meet the peculiar situation that exists than any man who could be named. They feel that an attempt is being made by William R. Hearst to steal the Republican thunder and to make his campaign on the basis of the public indignation aroused by the disclosures incident to the insurance investigation. The nomination of Mr. Hughes, they argue, would typify the investigation and enable the party to retain the credit attaching to it.

Legislators who have been associated with Charles E. Hughes in the gas and insurance investigations spoke highly of his qualifications for the office of governor, but they pointed out that it is too early to decide definitely on candidates, as the developments of the legislature's session may change state issues and party plans. Some legislators expressed doubt as to the ability of the insurance probe to get votes. They pointed to the "influence" of the big insurance interests, which they fear will be used against him if he should be the Republicans' choice for governor. Others took the ground that this hostile influence would prove his greatest strength with the people.

While Governor Higgins has not disclosed his intention of becoming a renegade, it is taken for granted that he will not desire a second term. There are half a dozen candidates in the Republican field, but none of them has succeeded in arousing a title of the enthusiasm that has greeted the suggestion of Mr. Hughes' nomination. It is not believed here that Representative Vreeland, who is the last man to be mentioned for chairman of the Republican state committee to succeed B. B. Odell, Jr., will be chosen. The friends of the governor say that he does not desire the election of any chairman who would be looked upon as his personal representative. He and Mr. Vreeland are close friends. William Barnes, Jr., warmly indorses the choice of Mr. Vreeland. Mr. Barnes will sail for the West Indies on Saturday. His supporters believe that he will be made Mr. Odell's successor, but he has made it understood that he is not a candidate for the place.

**A Lively Tussle**

with that old enemy of the race, constipation, which often ends in appendicitis. To avoid all serious trouble with stomach, liver and bowels, take Dr. King's New Life Pills. They perfectly regulate these organs, without pain or discomfort. 25c at the Red Cross Pharmacy.

**BONTS' CREDITORS BUSY.**

Money Lender Seeks Permission to Levy on Castellane Effects.

Paris, March 2.—An application was made by the civil tribunal of the Seine yesterday in behalf of a money lender for permission to levy on the household goods in the Castellane mansion to satisfy a claim for money advanced to Count Bonts. The lawyers of the count resisted the request on the grounds that the goods are his separate property. The matter finally was referred to a judge in chambers to determine whether a portion of the count's belongings are in the mansion.

The case is considered to be a test affecting numerous other creditors.

**TO AVOID DISSENSION.**

Bishop Beaven of Springfield Enjoined by the Pope.

New York, March 2.—The Sun, in a cable despatch from Rome, says the pope has expressed his determination to restore strict discipline, not only in the lower orders of the clergy, but in the episcopacy in the United States. Bishop Beaven of Springfield, Mass., has been earnestly recommended to avoid dissensions with the clergy of his diocese.

Similar recommendations will be addressed to others, chiefly to Bishops Boncompagni-Ludovisi, and Bishop Matz of Denver, Colo.

**BARGAINS IN MEDICINE.**

A woman once wrote us that she was not going to buy Scott's Emulsion any more because it cost too much. Said she could get some other emulsion for less money. Penny wise and pound foolish. Scott's Emulsion costs more because it is worth more—costs more to make. We could make Scott's Emulsion cost less by using less oil. Could take less care in making it, too. If we did, however, Scott's Emulsion wouldn't be the standard preparation of cod liver oil as it is to-day.

SCOTT & BOWNE, 108 Pearl Street, New York.

## INDEPENDENT MOVE IN MUTUAL.

Talk That Policyholders Will Ask Fish to Lead.

New York, March 2.—There was a report in the financial district yesterday that a large number of the policyholders of the Mutual Life Insurance company are organizing in their own behalf, looking to reforms in the company, and that they would ask Stuyvesant Fish to lead their movement. It was also said that an informal meeting of some of these policyholders would be held, when a committee would be appointed to wait on Mr. Fish to ask him to take up the leadership.

It was also said that no attempt to get proxies in the new government would be made until after legislative action was taken on the Armstrong report. Stuyvesant Fish yesterday received a cable message from Sir Alfred Harmsworth of London, chairman of the protective committee of British policyholders of the Mutual Life, in which Sir Alfred said that the members of the committee were greatly concerned about Mr. Fish's resignation from the Mutual. Sir Alfred asked Mr. Fish to stay in the company and urged publicity and reforms.

The special meeting of the trustees of the Mutual Life called two days ago by President Peabody was held in the Mutual Life building at 12:30 o'clock yesterday afternoon.

It was previously announced that the meeting would be a protracted one and that the only topic to be considered was the report of the Armstrong investigating committee, though it was incontestable, however, that the recent resignations of Stuyvesant Fish, Edgingham B. Morris and others would not be discussed.

## GROWING GRAVER.

Thousands Starving to Death in the North of Japan.

Seattle, Wash., March 2.—The steamship Dakota brings advices from Nagasaki that the famine situation in the northern provinces of Japan is steadily growing graver.

A second appeal has been issued by W. E. Lampe, chairman of the foreign committee of relief, in which he says: "When we issued our first appeal to the foreign communities in Japan, in December, we estimated that 680,000 persons out of a population of 2,821,000 were on the verge of starvation. Since then members of our committee have personally visited 26 counties and as many towns in the provinces of Miyagi and Fukushima, and have distributed 9,000 yen. Our first figures estimating those affected by the famine are too weak to describe the actual suffering."

"Able-bodied men, aged and hungry, are facing the snow and icy winds to bring wood from the mountains in the hope of earning enough through its sale to keep their starving families. Women are covering their babies with their own clothing to keep them warm, and such conditions as these can mean only death in the end. Families once proud and comfortable are now reduced to want."

## MISS KELLAR FAVORS BILL.

Writes Supporting Measure for State Commission for Blind.

Boston, March 2.—A letter from Miss Helen Kellar, the famous deaf, dumb and blind girl, supporting a bill for the appointment of a state commission for the blind, was the feature of a hearing on the measure at the State House yesterday.

Miss Kellar had expected to be present at the hearing, but her recent prostration from overwork prevented it. In her letter she says:

"If you knew how patiently the blind have awaited the report of the commission (appointed in 1902 to investigate the needs of the blind) I am sure you would give heed to the bill that is now before you. The sightless, not only in Massachusetts but in the whole United States, are looking to you with new hope for release from a bondage of idleness and despair."

## BANK'S DOORS CLOSED.

Fort Smith, Ark., Institution Depositors Will Be Paid.

Fort Smith, Ark., March 2.—The Southern Bank & Trust company, a recent corporation, with an authorized capital of \$600,000, failed to open its doors yesterday.

A notice was posted to the effect that the bank interests had been sold to Thomas Neal, an attorney of Fort Smith, who, it is stated, would pay the depositors in full.

The deposits amount to \$80,000. The assets amount to about a like sum. The institution was a branch of the Southern Bank & Trust company of Dallas, Texas.

## PETITION FOR DEUEL'S REMOVAL.

Dis. Atty. Jerome, E. M. Shepard and J. W. Osborne Are the Signers.

New York, March 2.—A petition will soon be presented to the Supreme court for the removal of Joseph M. Deuel from the bench of special sessions court. There are three signatures to the petition—those of William Travers Jerome, as an individual and not as district attorney, and Edward M. Shepard and J. W. Osborne.

## Smith's Specific Uric-O

For Rheumatism Only


Internal Blood Treatment and Rheumatic Acid Dissolvent.

All sufferers from Rheumatism will hail with delight the new discovery, Uric-O. It is made from Nature's herbs and does not contain a single grain of mineral poison. Its action is to neutralize and drive from the system the Uric and Rheumatic acids that cause the trouble. It makes no difference where the pain is located, whether in the muscles, joints or kidneys, Uric-O will search it out and effectually stop it. Uric-O does not cure every ill to which flesh is heir. It is designed to add does not cure Rheumatism and rheumatism only. It does not contain a drop of alcohol or other stimulating poison and is not a cathartic.

The Red Cross Pharmacy is the home of Uric-O in rare and you can purchase it of them for 75c and \$1.00 a bottle, or if you want to test it first, write to the makers, the Smith Drug Co., Syracuse, N. Y., and they will send you a sample by return mail.

### Consults A Physician





### But does NOT Tell Him All.

Few women confide fully in a physician. They simply will not tell him all. That's why many doctors fail to cure female diseases.

Every woman dreads the ordeal of the physician's consulting room. A sensitive, refined woman shrinks from the searching questions and the physical examination!

It is not so in writing to Mrs. Pinkham. Thousands of women owe their present health and happiness (yes, and their good looks, too) to the fact that they have told all their physical troubles to Mrs. Pinkham and followed her advice and been cured of female diseases.

## Lydia E. Pinkham's Vegetable Compound

Cures more women every year than any other medicine in the world. If you are in doubt about your case, write in perfect confidence to Mrs. Pinkham, Lynn, Mass. You will receive in reply a personal letter of advice free. Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham, and for twenty-five years under her direction, and since her decease, she has been advising sick women free of charge.

DEAR MRS. PINKHAM:—For three months I was sick in bed with female trouble and had four doctors, who all agreed that I must undergo an operation. My sister advised me to try Lydia E. Pinkham's Vegetable Compound before I submitted to an operation. I did so and am very glad to say that after I had used five bottles I was restored to perfect health, which I have enjoyed ever since. I am only too glad to recommend your medicines, as they saved me from an operation which might have proved fatal.

MRS. M. KUTNER,  
556 South Main St., Los Angeles, Cal.

Mrs. Hayes also profited by Mrs. Pinkham's advice.

DEAR MRS. PINKHAM:—Sometime ago I wrote you describing my symptoms (fibroid tumor) and asked your advice. You replied and I followed all your directions carefully and to-day am a well woman.

22 Rugles St., Roxbury, Mass.  
MRS. E. F. HAYES.

## Lydia E. Pinkham's Vegetable Compound Cures Where Others Fail

## ALGERIAS CRISIS NEAR.

Washington Gets Reports That Failure Is Threatened.

Washington, March 2.—While no immediate break in the conference at Algiers is expected by this government, the negotiations there have reached the stage which, according to its reports received here, threaten the failure of the conference, unless there is a change in the attitude of Germany.

A long conference occurred at the state department yesterday between Secretary Root and Mr. Jusserand, the French ambassador, during which the negotiations at Algiers was the main subject under discussion.

It is not unlikely that some of the neutral powers more directly interested will renew their efforts to bring France and Germany into accord. The Washington government, however, it is stated here, is not among the powers chiefly interested at Algiers and cannot be expected to intervene in European politics.

## MAY SOON MAKE NEW YORK LEAGUE HEADQUARTERS

President Johnson of the American Baseball League More Favorable to the Plan to Remove from Chicago.

New York, March 2.—The Times says that the much-discussed question as to whether the headquarters of the American Baseball league should remain in Chicago or be removed to New York is in a fair way of solution, and it need not surprise club officials or others directly interested in that organization if a change of base were made either before or shortly after the coming championship season has begun. President Johnson, it is known, is more favorably disposed to coming here than he ever has been, and the present feeling was brought about by the favorable expression of club owners, especially those in the East, who attended the late meeting of the league in the Fifth Avenue hotel.

## BRATTLEBORO'S OFFER.

Will Give Geo. E. Crowell \$250,000 for His Water System.

Brattleboro, March 2.—The water board of the village of Brattleboro made a proposition to George E. Crowell, owner of the system now supplying the village with water, for the purchase of

## AS A SMUGGLER.

Chappelle, the Proprietor of a Vermont House, Indicted.

Burlington, March 2.—Eight true bills were found by the grand jury in the United States court which reported yesterday. Among the most important was that of A. B. Chappelle, the alleged proprietor of a notorious house at Richmond, who was indicted on the charge of smuggling.

Chappelle's establishment had been raided by Canadian and United States officers repeatedly, but nothing incriminating was found until both governments united a short time ago, and a joint raid secured a large quantity of liquor. The Canadian government has a warrant against Chappelle's case by the federal government before arresting him.

True bills were also found against Alden Farnham, postmaster at Canaan, who is accused of failure to deposit post office funds; and his clerk, F. G. Edmunds, charged with embezzlement.

## EGGS CHEAPER IN BOSTON.

Large Receipts Due to the Mild Weather This Winter.

Boston, March 2.—Eggs seldom have been so cheap in Boston in the winter time as they are now, and the reason is found in the receipts since the first of the year, due to the mild winter. In the two months a total of 188,153 cases have been received, as compared with 80,673 for the corresponding season last year. There are 300 eggs in each case, which means that the excess of supply this year over last is 25,000,000 eggs. The prices now range from 15 to 18 cents, as compared with 22 to 34 cents at this time in 1904.

## DR. CHASE'S LIVER FOOD

A Mild Laxative For Constipation Biliousness Sick Headache

To Have Good Health the Body Should be Kept in a Laxative Condition, and the Bowels Moved at Least Once a Day to Expel the Poisonous Waste.

Dr. Chase's Liver Food is a pleasant vegetable compound in tablet form, which does not gripe, sicken or constipate after using. There is nothing like it, and you will never know what is the best thing for the liver unless you try it. It is best for the liver, best for the stomach and the best to keep the bowels regular.

Large box 25 cents.

THE DR. CHASE COMPANY  
224 North Tenth St., Philadelphia, Pa.  
Sold by E. A. Drown, Druggist, 48 No. Main St., Barre, Vt.

## The Times' Daily Short Story.

### The Little Skaters

(Original.)

One Saturday afternoon two little boys concluded that they would go down to the river, which was frozen near the shores, to skate. They were Tommy and Willie Bickford, aged respectively eight and six years. Taking their skates—Willie had but one—they walked forth, and, reaching the ice, Tommy put on his two skates, Willie put on his one, and they proceeded to have a good time. And they had a good time. The nipping air was full of ozone, and there was about an acre of ice that was as smooth as glass. Tommy could skate pretty well if he skated straight ahead, but he insisted on cutting "fubdubs," as he called them—Tommy's fubdubs were a figure eight and the Dutch roll—and he was continually sitting down and pointing his toes to the sky. As for his little brother, having only one skate and not knowing how to skate anyway, he bore the weight of his little body on the foot without the skate and hopped along occasionally lifting the sole of his shoe from the ice and gliding half a dozen yards on his one skate.

The boys were so happy that they took no note of time. Just before sunset Tommy noticed a large cake of floating ice lodge just above them.

"Willie," he said, "you stay here. I'm going to have a skate on that big cake." And he started off, skating at his best speed. But Willie, ignoring his instructions, hopped along after him on his one skate, and after Tommy had skated to the far side of the newly arrived cake he turned and saw his little brother just coming on to it. A few minutes later, looking toward the shore, he noticed that the ice was moving.

Tommy was not very old, but he knew enough to understand the danger. He made his skates fly toward his brother, motioning him to go back, but it was too late. The cake parted from the firm ice, and before Tommy reached his brother there was an impassable gap of water between the two edges.

The boys were afraid on an ice cake on a broad river, darkness coming on and the cold increasing every minute. There were but few lights passing, and they met none of the discovered. Willie, becoming cold, began to cry, but Tommy, feeling the responsibility of having his little brother to care for, kept a steady heart and, going to the edge of the ice, endeavored to attract attention. When he found that his efforts were useless he went back to Willie and, nudging him in his arm, tried to keep him warm.

The ice came up slightly past the full and glided up the bay into which the river empties. As becoming the steamer was making its way toward when the officer on the bridge called